



# What's New

From the Army Physical Fitness Research Institute

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## APFRI's over 40 Health and Fitness Tips

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### Health Factors

- Know and understand your risk factors for cardiovascular disease (CVD)
- Aggressively modify your lifestyle with fitness and nutrition to reduce CVD risk factors, especially if you have a positive family history of CVD
- Know how to reduce your CVD risk by lowering your total cholesterol and LDL levels, by raising your HDL level, and by lowering your blood pressure
- Know your blood pressure, how diet, stress, and lifestyle influence it, and check it often
- Avoid abdominal fat and find ways to reduce it (it's associated with smaller capillaries and stress may help add inches to your waist)
- Know how risk factors change at age 40 and work to improve health and fitness with programs focused on nutrition, regular aerobic exercise, strength training, and lifestyle modifications

### Aerobic Conditioning

- Perform a minimum of 30 minutes per session, at least 5 times per week
- Incorporate cross training activities (bicycle, elliptical) into your aerobic training program
- Avoid running more than 5 times per week-use cross training on other aerobic exercise days
- Alternate hard and easy workouts as determined by the 70-90% of your target heart rate range
- A heart rate monitor is recommended during your runs to understand how your heart reacts to your physical activity regimen
- Vary the difficulty of the terrain by adding hills to your aerobic program
- Perform the majority of your stretching exercises after your aerobic exercise
- Detraining occurs in as little as 3 days depending on your level of conditioning
- Safely progress to more vigorous intensities by performing interval training (Fartleks) or tempo runs





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### Strength Training

- Preserve lean muscle mass through strength training
- Strength train on non-consecutive days for same muscle groups
- Avoid waiting longer than 72 hours between strength training bouts
- Vary training stimulus throughout the year (sets & repetitions)
- Perform 8-10 exercises to target all the major muscle groups
- Utilize proper rest periods between sets and reps according to the volume of the workout
- Avoid holding your breath while lifting or when performing sit ups
- Control the speed of movement through a full range of motion
- Observe proper technique with every exercise, quality is better than quantity
- Beginners should start with weight machines and progress to free weights
- Warm-up prior to strength training
- Keep doing push-ups to perform well on the APFT
- Strength training is not a substitute for push-ups
- Detraining may occur in as little as 2 weeks and may be completely lost at 6 months depending on your level of conditioning (consider this after deployments or TDYs)



### Flexibility

- Stretching is most effective when the body is warmed up
- Stretch all major muscles including opposing muscle groups to preserve range of motion
- Breathe evenly as you hold a stretch
- Repeat each stretch 2-4 times
- Stretch to the end of a joint's range of motion (mild discomfort) and hold for 30 seconds
- Do not stretch to the point of pain
- Perform static stretching and avoid ballistic or bouncing stretches
- Avoid locking the elbow and knee joints while stretching
- Stretch a minimum of 2-3 days/week, 5-7 days/week to achieve maximum benefits



### Next Issue:

- National Wear Red Day
- CVD Awareness

### For more information contact:

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